



## September 6th 2007: 1-2-3 Brick

1.0 mile run, 2 laps on the bike (6.25 miles each), 2.9 mile run

Name	AgeGroup	1.0mile run (clock)	Lap1 bike (clock) #	Lap1 bike (split) #	Lap1 bike mph #	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph	Total Bike #	2.9 mile run (split) #	Run pace #	Finish Time	Points
Joe P.	M Un 40	0:06:17	0:26:26	0:20:09	18.61	0:46:10	0:19:44	19.00	0:39:53	0:24:05	0:08:18	1:10:15	7
Doug B.	M Un 40	0:07:44	0:27:01	0:19:17	19.45	0:45:41	0:18:40	20.09	0:37:57	0:28:59	0:09:59	1:14:40	5
Tim C.	M 40-49	0:06:55	0:24:25	0:17:30	21.43	0:41:18	0:16:53	22.21	0:34:23	0:23:33	0:08:07	1:04:51	7
Mark S.	M 40-49	0:07:06	0:25:28	0:18:22	20.42	0:42:35	0:17:07	21.91	0:35:29	0:22:29	0:07:45	1:05:04	5
Eric B.	M 40-49	0:06:44	0:24:57	0:18:13	20.59	0:42:30	0:17:33	21.37	0:35:46	0:23:44	0:08:11	1:06:14	3
Sergio N.	M 40-49	0:07:20	0:26:02	0:18:42	20.05	0:43:50	0:17:48	21.07	0:36:30	0:25:27	0:08:46	1:09:17	1
Bob C.	M 40-49	0:08:20	0:29:20	0:21:00	17.86	0:49:35	0:20:15	18.52	0:41:15	0:28:09	0:09:42	1:17:44	1
Dennis P.	M Ov 50	0:06:39	0:25:50	0:19:11	19.55	0:43:30	0:17:40	21.23	0:36:51	0:23:45	0:08:11	1:07:15	7
Joe G.	M Ov 50	0:07:22	0:27:10	0:19:48	18.94	0:46:34	0:19:24	19.33	0:39:12	0:27:36	0:09:31	1:14:10	5
Kellie T.	F Un 40	0:07:56	0:28:06	0:20:10	18.60	0:47:20	0:19:14	19.50	0:39:24	0:31:54	0:11:00	1:19:14	7
Kathy K.	F Ov 50	0:08:32	0:28:39	0:20:07	18.64	0:47:17	0:18:38	20.13	0:38:45	0:28:56	0:09:58	1:16:13	7
Nancy G.	F Ov 50	0:09:06	0:29:17	0:20:11	18.58	0:48:36	0:19:19	19.41	0:39:30	0:27:45	0:09:34	1:16:21	5
Mary C.	F Ov 50	0:09:07	0:32:45	0:23:38	15.87	0:54:56	0:22:11	16.90	0:45:49	0:30:53	0:10:38	1:25:49	3
Dennis K.	Non-member	0:06:57	0:27:34	0:20:37	18.19	0:48:04	0:20:30	18.29	0:41:07	0:20:47	0:07:10	1:08:51	0

Time data is entered into shaded cells. All other time information is calculated by Microsoft Excel formulas

**# Transition times are included in the leg following the transition.**